

-42-
CLAIMS

What is claimed is:

1. A method for delaying the onset and treating skin aging in a patient in need of treatment comprising administering an effective amount of an estrogen together with a progestogen.
2. A method for delaying the onset and treating skin aging in a patient in need of treatment comprising administering an effective amount of a fixed quantity of a synthetic estrogen in combination with a synthetic progestin.
3. A method for delaying the onset and treating skin aging in a patient in need of treatment comprising administering an effective amount of a fixed quantity of norethindrone acetate (NA) and ethinyl estradiol (EE).
4. A method for delaying the onset and treating skin aging in a patient in need of treatment comprising administering an effective amount of compositions containing 1 mg NA and 5 μ g EE.
5. A method for delaying the onset and treating skin aging in a patient in need of treatment comprising administering an effective amount of 1 mg NA and 10 μ g EE in a pharmaceutically acceptable carrier.
6. A method for preventing and treating acne in a patient in need of treatment comprising administering an effective amount of a composition comprising an estrogen and a progestogen.
7. A method for treating and preventing acne in a patient in need of treatment comprising administering an effective amount of a synthetic estrogen in combination with a synthetic progestin.

8. A method for treating and preventing acne in a patient in need of treatment comprising administering an effective amount of NA in combination with EE.
- 5 9. A method of preventing and treating acne in a patient in need of treatment comprising administering an effective amount of 1 mg NA and a gradually increasing dose of EE; 20 mcg \times 5 days, 30 mcg \times 7 days and 35 mcg \times 9 days.
10. A method of Claim 9 wherein acne is acne vulgaris or cystic acne.
- 10 11. A method of preventing and treating acne in a patient in need of treatment comprising administering an effective amount of Estrostep.
12. A method of Claim 11 wherein the acne is acne vulgaris or cystic acne.

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